Hamza & Aliya Share a surprise!

5 Illustrated Recipes Inside!

Written By: Marzieh Abbas

Illustrated by: Michile Khan

Kisa Kids Publications | Under the Guidance of Moulana Nabi R. Mir (Abidi)

Disclaimer: Religious texts have not been translated verbatim so as to meet the developmental and comprehension needs of children.

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This book belongs to:

Dedication

This book is dedicated to the beloved Imām of our time (ʿaj).
May Allah (swt) hasten his reappearance and help us to become his true companions.

Acknowledgments

Prophet Muḥammad (ṣ): On the Day of Resurrection, the ink of the scholars will be weighed up against the blood of the martyrs, and the ink of the scholars will be heavier than the blood of the martyrs.
Nahj al-Faṣāḥah, Saying #3222.

True reward lies with Allah, but we would like to sincerely thank
Sisters Marzieh Abbas, Sabika Mithani, Fatima Hussain,
Nida Syed, Michile Khan, Maliha Abdi and Abeda Khimji.

May Allah(swt) bless them in this world and the next.

Preface

Prophet Muḥammad (ṣ): Nurture and raise your children in the best way.
Raise them with the love of the Prophets and the Ahl al-Bayt (ʿa).

Literature is an influential form of media that often shapes the thoughts and views of an entire generation. Therefore, in order to establish an Islamic foundation for the future generations, there is a dire need for compelling Islamic literature. Over the past several years, this need has become increasingly prevalent throughout Islamic centers and schools everywhere. Due to the growing dissonance between parents, children, society, and the teachings of Islam and the Ahl al-Bayt (ʿa), this need has become even more pressing. Al-Kisa Foundation, along with its subsidiary, Kisa Kids Publications, was conceived in an effort to help bridge this gap with the guidance of ʿulamāʾ and the help of educators. We would like to make this a communal effort and platform. Therefore, we sincerely welcome constructive feedback and help in any capacity.

The goal of *Hamza and Aliya Share a Surprise!* is to show the family bond from a holistic perspective, including children, parents, grandparents, etc. Each family member has their own role and responsibility while also enjoying the company of each other, having fun, and maintaining a mutual love and respect for one another. Having a healthy and strong bond enables elders to feel more belonging, comfort, peace, and allows them to organically impart wisdom to their youngsters. And spending quality time as a family is a fundamental requirement to enable these bonds and help them flourish. We hope that you and your children enjoy this book and use it as a means to achieve this goal, inshāʾAllāh.

We pray to Allah to give us the strength and tawfīq to perform our duties and responsibilities.

With Duʿās,
Nabi R. Mir (Abidi)

Marḥūmīn Dedication

Please recite a Sūrah al-Fātiḥah for the following marḥūmīn:

Marḥūmah Tahera & Marḥūm Aziz Dharamsey
Marḥūm Mohammad Ali & Amir Ali Dharamsey
Marḥūmah Mariam & Marḥūm Ashraf Ali Gangjee
Marḥūmah Khursheed & Marḥūm Ehsan Gangjee
Marḥūm Mahmood Allahrakhia
Marḥūm Mohibali Dawood Nasser

Transliteration Chart

Arabic terms in this book have been transliterated according to the following guidelines*:

ء	a, i, or u (initial form)
ء	ʾ (medial or final form)
ا	a
ب	b
ت	t
ث	th
ج	j
ح	ḥ
خ	kh
د	d
ذ	dh
ر	r
ز	z
س	s
ش	sh
ص	ṣ
ض	ḍ
ط	ṭ
ظ	ẓ
ع	ʿ
غ	gh
ف	f
ق	q
ك	k
ل	l
م	m
ن	n
ه	h
و	w
ي	y

ـَ	a
ـِ	i
ـُ	u
ـّ	double letter
آ / ـَا / ىٰ	ā
ـِي	ī
ـُو	ū

*Please note that due to limitations, the transliteration is not 100% accurate in capturing tajwīd rules.

Hamza & Aliya Share a surprise!

Written By: Marzieh Abbas

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Hamza and Aliya gathered their reusable shopping bags, slipped on their jackets, and rushed downstairs.

They were excited to go grocery shopping with Baba!

"Khuda hāfiz, Mama, Dadi, and Dada," said Hamza and Aliya, as they kissed their hands.

"Give Baba a call in case you remember anything you need. And Baba, don't forget the grocery list!"

"We'll get you something special to make you feel better," said Aliya, hugging her tired Mama.

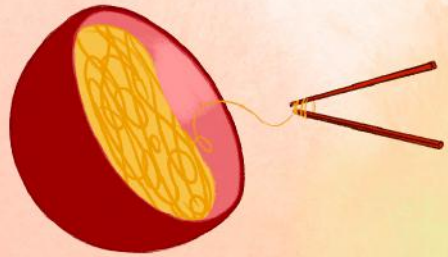
"Khuda hāfiz, my dears, and stay close to Baba," said Dadi, reciting du'ās for their safety and blowing on all three of them, as she always did when anyone left the house. "Don't forget to recite Āyat ul-Kursī" she said as they walked out the door.

ٱللَّهُ لَآ إِلَٰهَ إِلَّا هُوَ ٱلْحَىُّ ٱلْقَيُّومُ ۚ لَا تَأْخُذُهُۥ سِنَةٌ
وَلَا نَوْمٌ ۚ لَّهُۥ مَا فِى ٱلسَّمَٰوَٰتِ وَمَا فِى ٱلْأَرْضِ ۗ مَن ذَا
ٱلَّذِى يَشْفَعُ عِندَهُۥٓ إِلَّا بِإِذْنِهِۦ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ
وَمَا خَلْفَهُمْ ۖ وَلَا يُحِيطُونَ بِشَىْءٍ مِّنْ عِلْمِهِۦٓ إِلَّا بِمَا
شَآءَ ۚ وَسِعَ كُرْسِيُّهُ ٱلسَّمَٰوَٰتِ وَٱلْأَرْضَ ۖ وَلَا يَـُٔودُهُۥ
حِفْظُهُمَا ۚ وَهُوَ ٱلْعَلِىُّ ٱلْعَظِيمُ ﴿٢٥٥﴾...

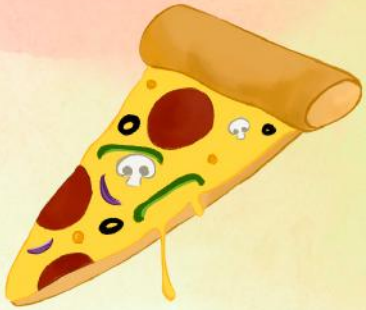
سُبْحَانَ الَّذِى سَخَّرَ لَنَا
هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ
وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ.

At the grocery store, Hamza and Aliya helped Baba check off all the items on their list.

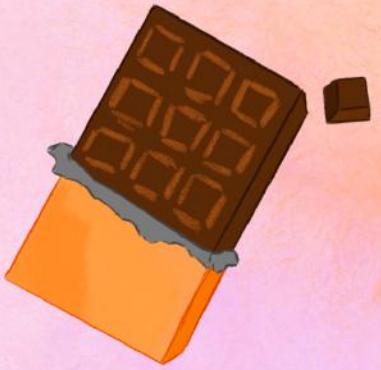
Just before they headed toward the checkout, Baba suggested they buy themselves something as a treat to take home and share together.



Hamza: I want to eat something colorful.



Baba: I'd like something healthy, because Mama would love that, too.



Aliya: I want something sweet.

What could be colorful,
sweet, and healthy
all at once?

"Cake?" suggested Aliya.
"That sure is sweet," she said.

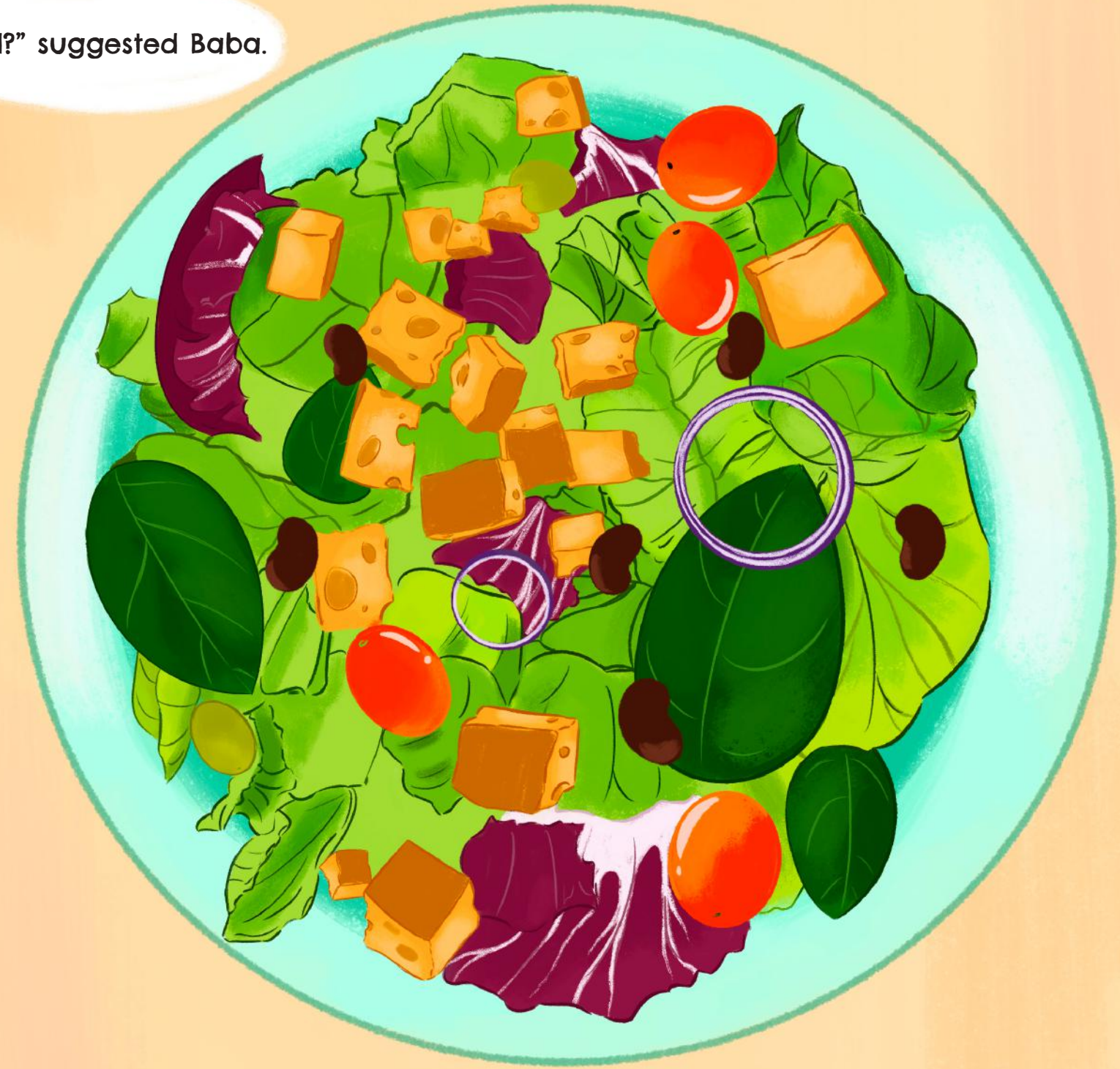
"And it's colorful!" added Hamza.

"But that definitely isn't healthy!" chuckled Baba.

"Candy?" suggested Hamza. "That sure is colorful," he said.

"But it definitely isn't healthy!" reminded Baba.
"And it's sweet!" said Aliya.
Space stars

“Salad?” suggested Baba.



“But that’s not sweet,” protested Aliya.

“And it’s mostly just green,” added Hamza

“Hmm, that’s true,” agreed Baba.

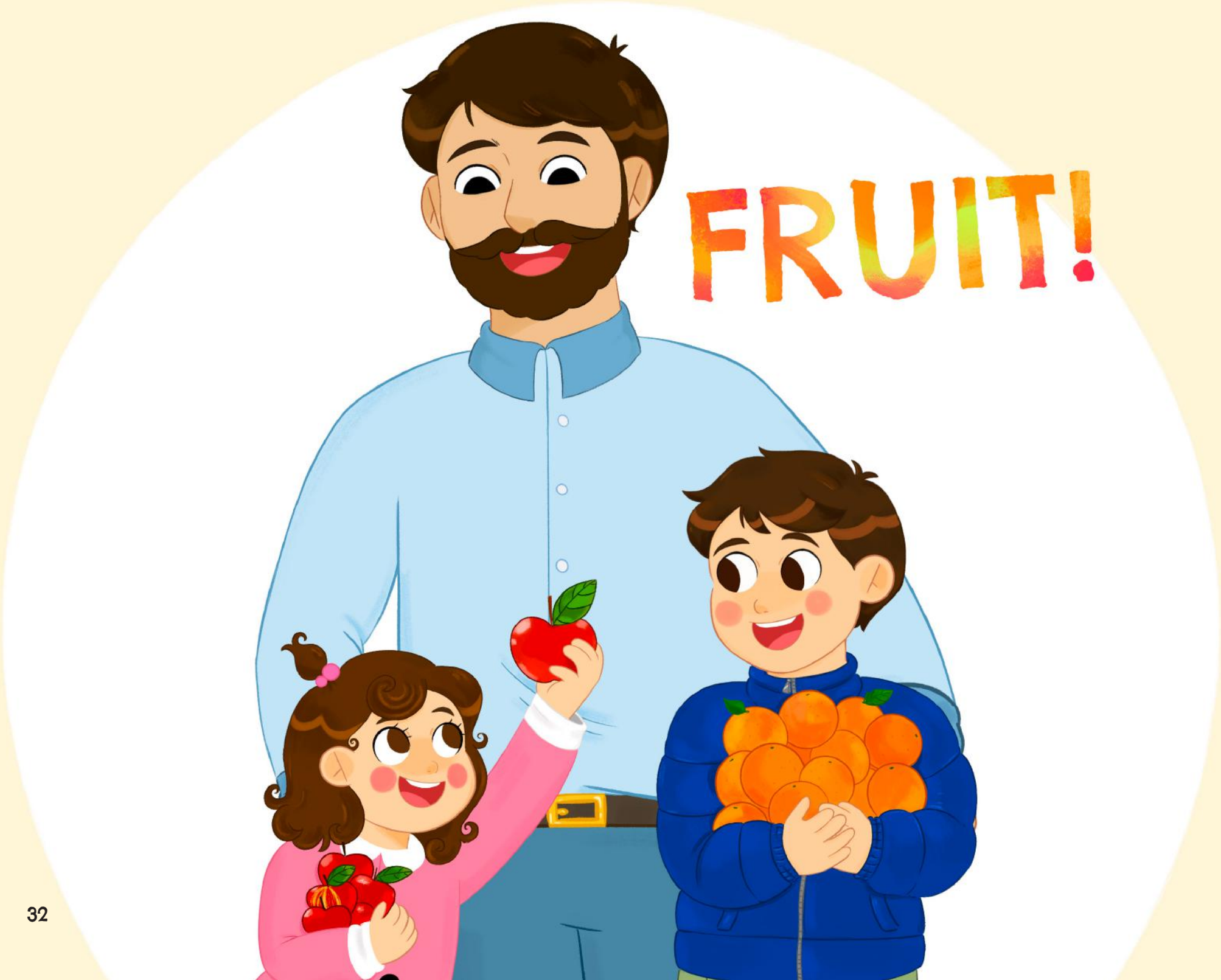
Just then, they heard a loud

from the aisle behind them. Hamza, Aliya, and Baba ran over to see what had caused the noise.

An elderly gentleman, who looked to be about Dada's age, had lost his balance and a heap of fruits had come tumbling down on him! "Oh no!" said Aliya. "Are you okay, Sir?" asked Hamza and Aliya in a concerned voice. "I'm alright," said the man. "I lose my balance sometimes. It's very kind of you to ask."

Baba helped the man get back on his feet and look for his glasses, as Hamza and Aliya helped collect the fruit.

Then, all at once,
the three of them squealed ...


FRUIT!

The elderly gentleman looked surprised.

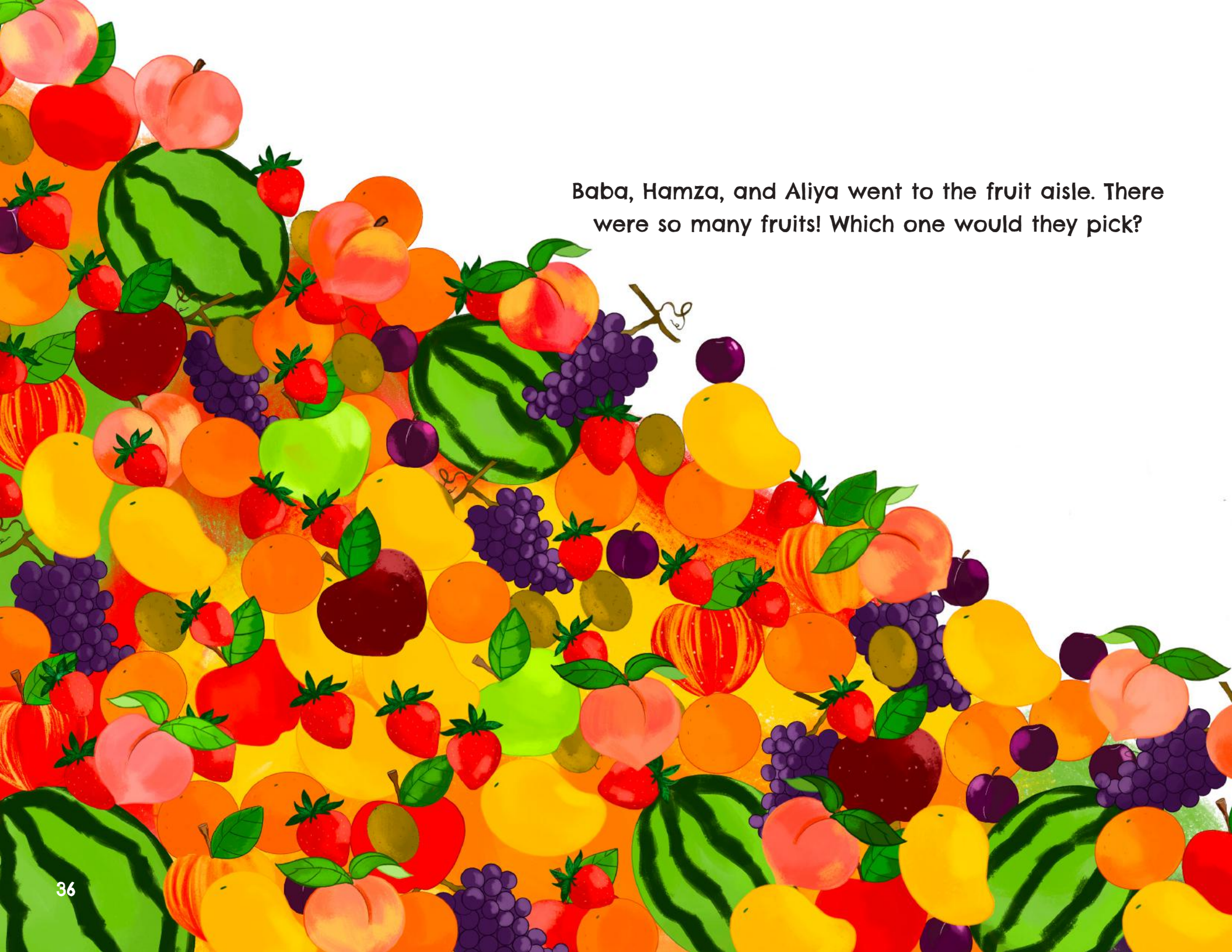
Baba explained,
"We were
looking to buy a snack
that's healthy ..."

"... and colorful..."
added Hamza.

"...and sweet!"
chimed Aliya.

"Oh yes," said the man. "Fruit is a great choice! It is packed with nutrients, makes for a lovely dessert or snack, and is colorful too!

Good luck picking your fruit, and thank you so much for your help. God bless you!"
"Thank you!" smiled Baba.

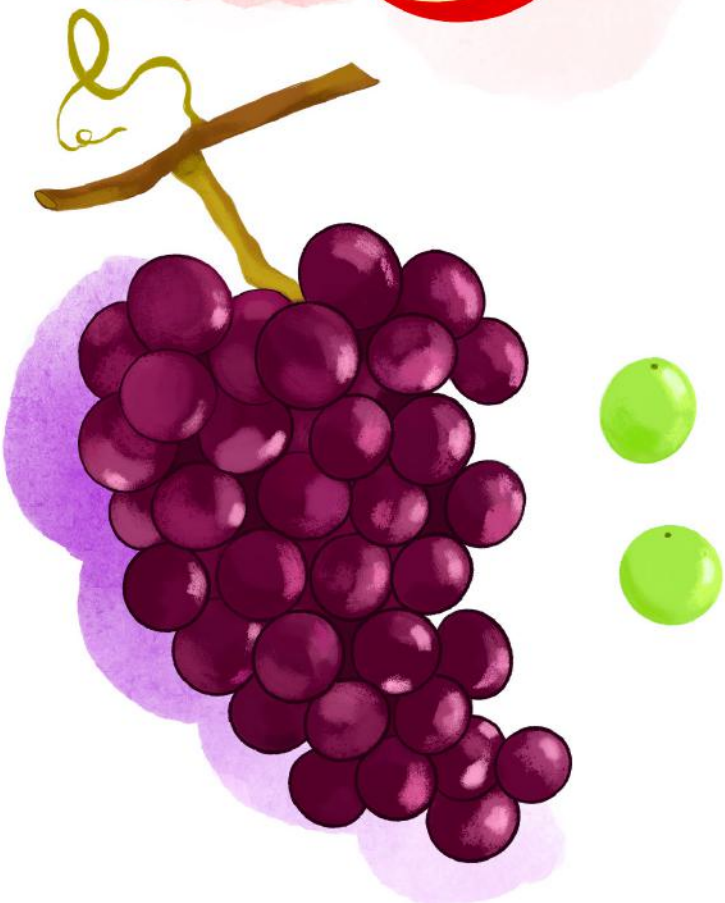


Baba, Hamza, and Aliya went to the fruit aisle. There were so many fruits! Which one would they pick?

Each one seemed to call out to them!

"Pick me, pick me!" said the Apple.
"I'm crispy, red, and very crunchy,
juicy, sweet, and mighty munchy!"

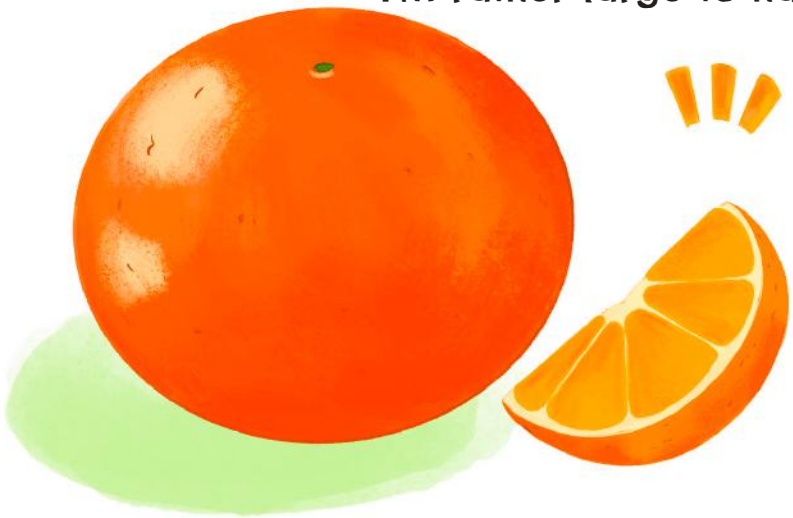
"Pick me, pick me!" said the Banana.
"I'm yellow, and oh so
yummy; my flesh will
surely fill your tummy!"



"Pick me, pick me!" said the Grape.
"I'm red or green, my skin has a sheen!
I'm oval in shape–they call me grape!"

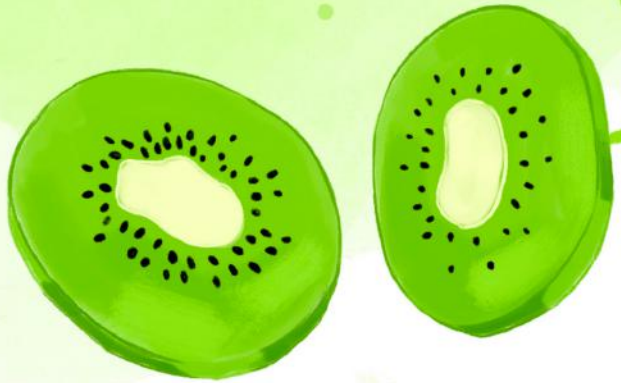
"Pick me, pick me!" said the Pomegranate.
"My seeds are ruby red,
and I have a crown upon my head!"

"Pick me, pick me!" said the Mango.
"So very yellow and sweet is my pulp,
I'm rather large to have in one gulp!"



"Pick me, pick me!" said the Orange.
"I'm covered by a rind and shaped like a ball;
my tangy juice is loved by one and all!"

"Pick me, pick me!" said the Kiwifruit.
"I grow in greenish-brown bunches,
and taste great in jellies and punches!"



"Pick me, pick me!" said the Melon.
"Full of water, oh so sweet,
I'm a juicy, messy treat!"

"Pick me, pick me!" said the Strawberry. "My skin is full of crunchy seeds, my pulp is juicy, tangy, and sweet!"

"Pick me, pick me!" said the Fig. "My skin is **purple**, and I'm shaped like a bulb–cut me in four and relish my pulp!"

There was so much variety in color, shape, size, and taste. Subhānallāh!

Hamza, Aliya, and Baba were thoroughly confused. They eventually reached a decision, paid for all the groceries in their cart, and stacked them into their reusable bags.

"Heavy things at the bottom," reminded Hamza, "and careful not to squish the fruit."

Hamza and Aliya helped Baba load the bags into their car and headed home, excited to tell everyone about their shopping adventure.
Detergent
K15A

"Salāmun 'alaykum," greeted Mama as the car rolled into the driveway.

"Wa 'alaykum salām," replied Baba and the children.

"I was about to call to find out why the groceries were taking so long," said Mama in a concerned tone.

"Mama, we've gotten something that wasn't on the list," said Hamza.

"We all chose it together," added Aliya. "On the way home, we decided how we were going to eat it, too. You are going to love it, Mama!"

The children helped put away the groceries where they belonged.
It was always fun doing things together.

Everyone did their share of the work, and the children told Mama, Dadi, and Dada all about their exciting purchases that weren't on the list.

Aliya washed the fruit, Hamza pulled off the stems, Dadi peeled, and Mama deseeded and cut the fruit.

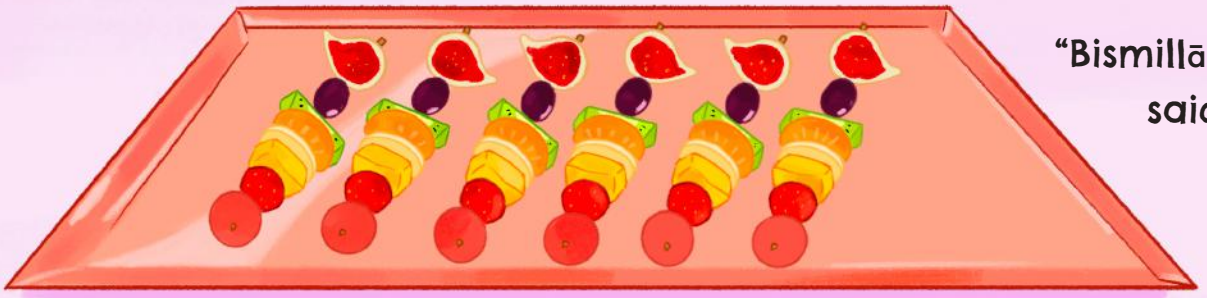
Can you guess what they made?

COLORFUL

Kebab fruit skewers!

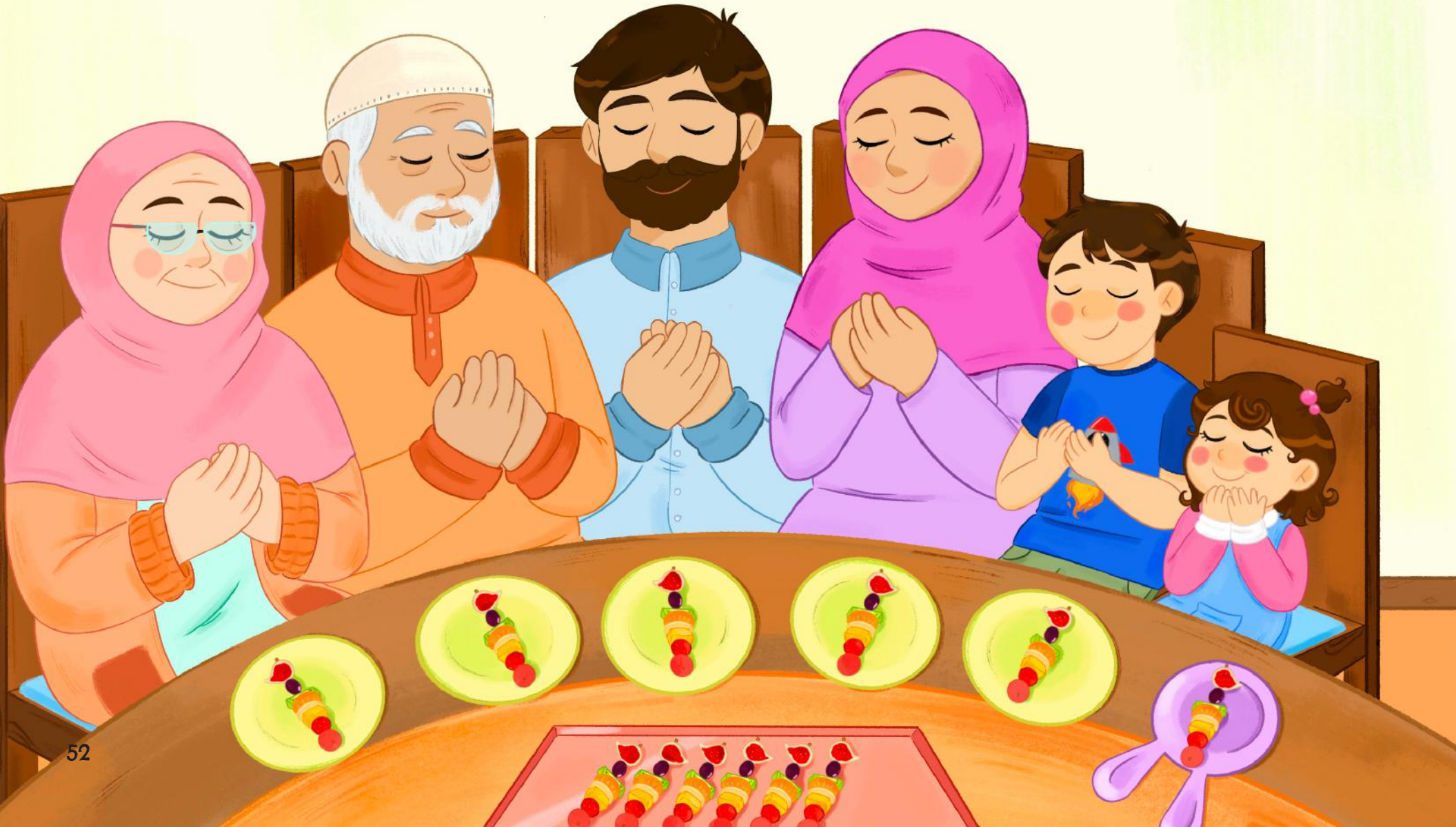
"Māshā'Allāh, what a spread!"
admired Baba.

"I've never seen anything so beautiful.
So many different types of fruits.
Subhānallāh!" praised Dada.



"Bismillāh, let's eat,"
said Dadi.

As the family sat at the table to eat their snack of colorful fruit kebab skewers, they thanked Allah by taking His names “ar-Razzāq” and “al-Muṣṣawwir.”



"This sure is sweet!" said Aliya.
"And healthy! I feel energized with my first bite," said Mama.
"And it sure is colorful," said Hamza.

"Alḥamdulillāh, thank you Allah for giving us such nutritious and colorful fruits that help us grow big and strong."

Would you like to make some colorful recipes?

Fig Jam

What you'll need:

15 figs
1/2 cup of honey
1 tsp vanilla extract

Directions

Cut the stems off of the figs
Cut each fig into 8 small pieces
Put all ingredients into a saucepan and stir continuously
Serve on toast

*Note: for smooth consistency, blend the jam.

Watermelon, pomegranate & grape salad!

What you'll need:

1 cup watermelon sliced into cubes
1 cup yellow melon sliced into cubes
1 cup grapes sliced into halves
1 cup pomegranates
1 tsp lemon juice
½ cup soda water
½ cup honey
Mint leaves

Directions

Layer all the fruits in a glass dish.
Pour in the soda water.
Drizzle honey and lemon juice
Garnish with mint leaves.
Enjoy!

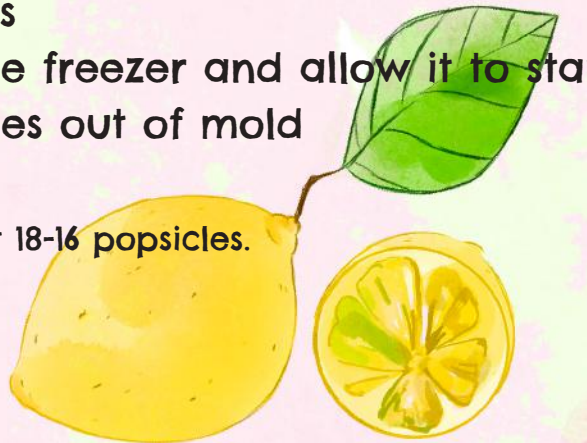
Fruit Popsicles

What you'll need:

½ cup cold heavy cream
2 cups plain greek yogurt
1 cup honey
3 cups chopped fruit (mango, kiwi, berries)

Directions

Whip the cream with a whisk until it thickens slightly
Fold in the yogurt and honey
Divide your mixture into three equal parts
Add a different combination of fruits to each part.
Pour mixture into dried popsicle molds.
Add popsicle sticks to centre and transfer to freezer
Tap the popsicles against the counter to pop any air bubbles.
Freeze for 4 to 6 hours
Remove mold from the freezer and allow it to stand at room temperature.
Gently wiggle popsicles out of mold



*Note: Recipe makes about 18-16 popsicles.

Pineapple Refresher!

What you'll need:

1 cup ice
½ cup diced pineapple chunks, frozen
2 oz pineapple juice
2 oz coconut cream
Pineapple slices
Canned cherries
Mini umbrellas

Directions

Put the ice, frozen pineapple, juice, and coconut cream into a blender.
Blend until smooth and frosty.
Pour the drink into 2 glasses, or the halves of a scooped out pineapple
Garnish each rim with a pineapple slice, a cherry and an umbrella

Smoothie Bowl!

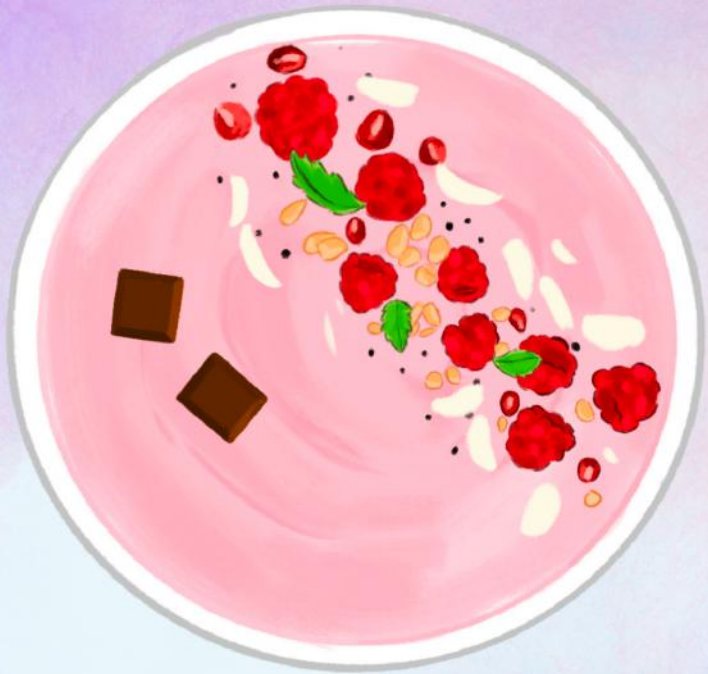
What you'll need:

1 cup frozen, mixed berries
1 ripe banana, sliced and frozen
3 Tbsp almond milk
1 Tbsp shredded unsweetened coconut
1 Tbsp chia seeds
1 Tbsp hemp seeds
Granola
Sliced Fruit

Directions

Add frozen berries and banana to a blender and blend on low
Add a bit of almond milk and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency
Scoop into 2 serving bowls
Top with chia seeds, hemp seeds, coconut, granola and sliced fruit

Have fun decorating your bowl. Here are some ideas:



Glossary:

Alḥamdulillāh: All praise is for God

Al-Muṣṣawwir: An attribute of God that means the Fashioner, one who shapes and forms

Ar-Razzāq: An attribute of God that means the Sustainer

Āyat ul-Kursī: A set of distinguished verses from the second chapter of the Qurʾān, which describes God's majesty and greatness; this set of verses is considered as one of the greatest in the Qurʾān.

Baba: Father

Bismillāh: (I begin) in the name of God

Dada: Paternal grandfather

Dadi: Paternal grandmother

Duʿā: Supplication; a deep connection and communication between an individual and God

Khuda hāfiz: May you be in God's care

Mama: Mother

Māshāʾ Allāh: As God wishes

Salāmun ʿalaykum: Peace be upon you

Subḥānallāh: All Glory and Praise belongs to God

Wa ʿalaykum salām: And peace be upon you too

About the Board ʿĀlim

Moulana Nabi R. Mir (Abidi) is a scholar, an educator, a father, and an enthusiast for creating educational infrastructure and Islamic resources for the benefit of the global community. Always wanting to think 'outside of the box' by supporting the creation of innovative materials to engage young readers to pick up Islamic books, interact with Qurʾānic games, learn from the Steps to Perfection Curriculum, and begin their life-long journey of holistic education.

Being a dedicated student and graduate of Darse Khārij from the Ḥawzah (the Highest Level of Islamic Studies in the Seminary), Moulana Abidi knows the value of Islamic education. Also, having grown up in India, and now residing in the United States, he has had the honor of traveling to various communities and meeting many community leaders. He values the importance of collaboration and working together to optimize potentials, and create open source platforms so that information and resources are available and accessible to everyone around the world.

You, dear reader, are now part of the Al-Kisa family. Share the word, and join the mission.

Hamza and Aliya join Baba on a trip to the grocery store. Each one of them has their own wishlist. Hamza wants to get something colorful. Aliya wants to get something sweet. And Baba wants to get something healthy. It's tricky settling on just one thing, but Hamza and Aliya have a plan!

AL-KISA FOUNDATION
UNDER THE CLOAK OF GUIDANCE AND MERCY

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